

ADULT AND COMMUNITY EDUCATION

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ARTS & CRAFTS

Quilting

Teresa Bruns

Work with different quilting techniques to create a lap quilt. Students need to bring a variety of light and dark cotton fabrics (1/4 yard each) to the first class. Please bring your portable machine if you have one. Beginners are welcome.

#0002 6 evenings Mon., Sept. 16-Oct.28 6:30-9:00 p.m.

North Campus Room 124 \$60/Gold Card \$30

Sewing Projects

Teresa Bruns

Finish that project! This is your opportunity to finish that project that has been started and set aside for a variety of reasons. Bring any sewing project to class for one-on-one instruction.

#0004 4 evenings Mon., Nov. 11- Dec. 2 6:30-9:00 p.m.

North Campus Room 124 \$40/Gold Card \$20

Tole/Decorative Painting(Oils)/Folk Art(Acrylics)

Bernice Partacz

Tole painting is the folk art of decorative painting originally done on tinware in France and England. Bring in an item you would like to decorate. It can be tinware or wood or you can bring in a canvas no larger than 9x12. If desired, you may use your oils for this portion of class also. Supplies for this portion will be discussed at the first class. Supply list for Tole painting: 1 pad tracing paper, 1 pad palette paper, transfer paper-black and white, palette cups(comes 2 together), 1 palette knife, odorless turpentine, eye dropper, brush soap(The Master's), pencil, brushes(sable or synthetic), flats are also called Shader brushes; #2 flat, #6 flat, #8 flat, small mop, liner, #1 small round. Oils: can be purchased in a set with following shades or can be purchased in a set of small tubes; black, white, cad red, cad yellow, blue, burnt umber, burnt sienna. Incidentals needed: paper towel (Viva is the softest and best for your brushes), 1 sheet of waxed paper, and a box lid to carry project in.

#0005 8 evenings Thur., Sept. 19 – Nov. 7 6:00-9:00 p.m.

South Campus Room D124 \$70/Gold Card \$35

Ceramics

Ron Smith

This class concentrates on basic instruction in hand-building, simple tool use, and application of available glazes and colorants. For the more adventurous student, potter's wheels are available. Whether functional or decorative, pottery has been an essential element in human society for thousands of years. So tap into your artistic side and see how many masterpieces you can create for yourself or as gifts. Please bring a small padlock, and a few plastic grocery bags to the first class.

#0010 12 evenings Tues., Sept. 10 – Nov. 26 6:30-9:00 p.m. North Campus Room 41

\$125/Includes supply fee \$17/Gold Card \$51.50

Stained Glass for Beginners

Ron Smith

A basic course in crafting stained glass, using both lead and copper foil techniques. Students will create small windows and sun catchers. Household items and some specialized tools costing approximately \$125.00 will be needed. Bring pencil and paper to first session, along with demonstrations; you'll learn what and where to purchase tools and materials.

#0015 12 evenings Thurs., Sept.19 – Dec. 12 7:00-9:00 p.m.

North Campus Room 175 \$105/Gold Card \$52.50

Beginning Knitting – Knit & Purl Merino Cowl

Sarah Welge

Learn how to knit by creating a Knit & Purl Merino Cowl. Students will learn the basics of knitting including casting on, the knit and Purl stitches, knitting in the round on circular needles, casting off, and finishing steps. You will learn about different types of fiber and fiber weight. I will also talk about knitting tools and resources. We will be using the book Ready Set Knit by Sasha Kagan as a reference. Yarn and needles will be provided for you!

#0020 5 evenings Tues., Sept. 1 – Oct.. 15 6:30-8:30 p.m.

South Campus Room B111 \$55(Includes cost of yarn and needles)/Gold Card \$35

Beginning Knitting 1.2 – The Bandana Cowl

NEW

Sarah Welge

Take knitting to the next level with the Bandana Cowl. We will review casting on and the knit and purl stitches. You will learn short row knitting and decrease techniques. We will be using the book Ready Set Knit by Sasha Kagan as a reference. I will be providing information about yarn weight and size, knitting needles, and different types of knitting to explore in the future! Yarn and needles will be provided for you.

#0021 5 evenings Tues., Oct. 29 - Nov. 26 6:30-8:30 p.m.

South Campus Room B111 \$63 (includes cost of yarn and needles)/Gold Card \$43

Beginning Crochet – Little Essentials Bag

NEW

Sarah Welge

Learn how to crochet by making a little bag for your small essentials! We will be learning the single and double crochet stitches. We will be using the book Ready Set Crochet by Susie Johns for a reference. You will also be learning about yarn weight and size, information about crochet hooks, and stitches, patterns and projects to inspire you for the future. Your yarn and crochet hook will be provided for you.

#0022 5 evenings Mon., Nov. 18 – Dec. 16 6:30-8:30 p.m.

South Campus Room B111 \$63 (includes cost of yarn and crochet hook)/Gold Card \$43

Upholstery

Barbara McElherne

Learn by doing! Save that favorite chair or antique and give it many more useful and enjoyable years. Bring in your projects (furniture must be taken home after each class) and work on them right in class. With a bit of help and guidance in repairing and recovering, you can accomplish wonders. Each project is basically the same, but each must be approached in a careful, individualized manner to insure the correct end result. With a varied group of furniture being worked on, you learn not only by doing your own piece but also by observing others. First night consists of fabric selection and other basics. Please bring a rubber mallet, tack puller and your project and dive right in.

*#70090 8 evenings Wed., Sept. 11-Oct. 30 6:30-9:30 p.m. North Campus
Vaughan Building Room 175 \$87/Gold Card \$43.50*

COMPUTERS

Microsoft Word 2007 Basic

Donald Hogue

This class will cover the basics of Word 2007. The following topics will be covered: Create & save documents, use HELP, scrollbars, special keyboard keys, the mouse and selection bar, insert text, date, time, symbols, and special characters into documents. Use undo and redo, use Office clipboard, change appearance of text, tab alignments, format paragraphs, bullets, numbering, indent, line and paragraph spacing. Create, format, edit tables, add headers and footers to documents, set margins, add and delete manual page breaks, proof document & use thesaurus. Use autocorrect, find & replace, preview and print document. Insert & modify graphics & Clip Art.

*2004 3 evenings Tues., Sept. 10 – Sept. 24 6:30-9:00 p.m. South Campus
C214 \$55/Gold Card \$27.50*

*#2005 3 evenings Tues., Nov. 5 – Nov. 19 6:30-9:00 p.m. South Campus
C214 \$55/Gold Card \$27.50*

Microsoft Excel 2007 Basic

Donald Hogue

Learn the basics of Excel. This course will cover the following topics: Review Office 2007 Ribbon, Groups, and Quick Access Toolbar, using HELP, open and view existing workbooks & worksheets, enter & edit text, values, & formulas, use Trace Error in formulas, Insert pictures, use freeze pane, use formula Bar, save & save as function, create folders, move, delete, copy, insert ranges, use Office clipboard. Learn about absolute & circular references, learn functions – sum, max, min, average, count & autosum button, format worksheet numbers, text, columns, rows, use conditional formatting, create, format modify, and print charts based on worksheet data. Use Easy Chart Maker Key. Manage large worksheets & multiple worksheets, proof the presentation and print worksheets or selected cells.

#2006 3 evenings Tues., Oct. 8 – Oct. 22 6:30-9:00 p.m. South Campus C214 \$55/Gold Card \$27.50

#2007 3 evenings Tues., Dec. 3 – Dec. 17 6:30-9:00 p.m. South Campus C214 \$55/Gold Card \$27.50

Microsoft Excel 2007 Advanced

Donald Hogue

This class is a review of Office 2007 ribbon, categories, and quick access toolbar. The following topics will be covered: link worksheets using 3D formulas; link workbooks; formatting borders and shading, numbers, dates, styles; outlining and consolidating data; create subtotals; use names cells in multiple worksheets; analyzing, sorting, and filtering lists; use tables, save workbooks as a web page; use hyperlinks, send worksheets vial e-mail; advance charting; advanced graphics elements; auditing worksheets; add comments to worksheet; protect worksheet; set Excel default option settings; use ready-made templates and create custom templates.

#2008 3 evenings Thur., Nov. 7 – Nov. 21 6:30-9:00 p.m. South Campus C214 \$55/Gold Card \$27.50

Microsoft Word 2007 Advanced

Donald Hogue

This class is a review of Office 2007 ribbon, categories, and quick access toolbar. The following topics will be covered: advance formatting; create and modify styles; use outlining view; use reading screen view; use sections to modify page numbering, headers and footers, and page orientation; organize text into columns; create and format tables; use envelope and label making features; save workbooks as a web page; insert diagrams; drawing tools; graphics; use ready-made and custom templates; tack document changes; insert comments into document; insert hyperlinks; save document as web page.

#2009 3 evenings Thur., Dec. 5 – Dec. 19 6:30-9:00 p.m. South Campus C214 \$55/Gold Card \$27.50

PowerPoint 2007 Basic

Donald Hogue

Learn the following basics in this class and be prepared for PowerPoint with these skills: Review Office 2007 Ribbon, Groups, & Quick Access Toolbar, opening & viewing an existing presentation, create a new presentation; add slides, save, update changes, rearrange & delete slides, import slides from other presentations, format text & bulleted lists, learn to use FIND and REPLACE, use Office Clipboard; CUT, COPY, PASTE, align text, Use PowerPoint Drawing Tools to create objects, format, modify, move, rotate, & delete drawn objects by using groups. Add text to drawn objects. Use WordArt to create appealing text objects; add, delete, modify slide clip art images. Add tables & charts to slides, create & modify IGX Charts. Learn to use PowerPoint templates, modify master slide, add transitions, timings, headers & footers to slide show. Proof the presentation. Use AutoCorrect and thesaurus, Print presentation using with Print Preview, Print handouts, Selective Print, & Note Page.

#2075 3 evenings Thur., Oct 17 – Oct. 24 6:30-9:00 p.m. South Campus C214 \$55/Gold Card \$27.50

Beyond Google.com

Joe Nowak

Go beyond simple searches with Google. You are at the library or the office and you want to visit one of your favorites, but can not remember the URL- create an online favorites list available from any machine with Internet access. You want to revise the resume you created six years ago, but can not remember what folder you placed it in-let Google search your computer and find it. Find where you are going in Google Maps and then look for landmarks at street view. Translate websites written in other languages. See what the rest of the world is searching for with Google Trends. Students should have a general knowledge of the Internet when enrolling in this class.

#2110 1 evening Wed., Sept. 18 7:00-9:00 p.m. North Campus Room 35 \$33

Microsoft Excel Tips & Tricks

Joe Nowak

This class offers a wide variety of tips and shortcuts for operating Excel more efficiently. The course covers techniques for faster copy/paste procedures, placing comments in cells, sorting and indexing a spreadsheet, center text over multiple columns, conditional formatting and more. Students should have a basic understanding of spreadsheet basics such as data entry, selecting groups of cells, menu bar and tool bar usage.

*#2015 1 evening Wed., Oct. 9 7:00-9:00 p.m. North Campus
Room 35 \$33/Gold Card \$16.50*

How to Set Up and Use a Pinterest Account

NEW

Joe Nowak

Pinterest is one of the more recent entrants in the world of social media. What makes it different is its focus on graphic images and topics. Users can set up various categories such as Favorite Athletic Team, Crafts, Recipes, Health, Stamp Collecting, etc. Those that wish to follow or friend can choose to view posts by category and not have to go through those they are not interested in viewing. Students will learn how to setup a Pinterest account and suggestions on how to use Pinterest for personal and business use will be provided.

*#2017 1 evening Wed., Oct. 23 7:00-9:00 p.m. North Campus
Room 35 \$33/Gold Card \$16.50*

Microsoft Word Tips & Tricks

Joe Nowak

This class will demonstrate shortcuts and little known features of Word that will improve the appearance and quality of your Word documents. We cover things such as the paste special function, navigation techniques, document mapping, format painter, page breaks, vertical centering, and more. Students should have a basic understanding of word processing basics such as text entry, selecting text, menu bar and toolbar usage.

*#2016 1 evening Wed. Nov. 13 7:00-9:00 p.m. North Campus
Room 35 \$33/Gold Card \$16.50*

Joy of Code – Intro to HTML

Bud Krause

Start anytime from anywhere and be the only one in the class to get one-on-one, personal attention! Learn HTML5 in this 10-week online class. Read a chapter each week and then do a lab, practicing what you have learned. Your lab work will be reviewed by Bud Krause, a veteran web design instructor, within 48 hour by email. You can adjust the weekly class schedule to fit your busy life. The class assumes that you know nothing about HTML, but it is also ideal if you know some code and wish to sharpen your skills. This class will give you a running start if you want to learn Dreamweaver or WordPress. This course can be started at any time by first registering/paying with LT Adult Ed.

For further information on the course content send email to [**bud@joyofcode.com**](mailto:bud@joyofcode.com) or [**http://bit.ly/xoK5um**](http://bit.ly/xoK5um)

#2020 10 weeks Online Workshop \$225

E-Bay 101 – Selling Basic

Jack Waddick

Ready to make some \$\$ selling some of your “stuff” on eBay? Plan to attend this fun & informative “eBay 101-Selling Basics” program by eBay University instructor Jack Waddick. Sit back and let Jack walk you through the keys to successful eBay selling. This lively 2-hour session will include real time demos on eBay.com and plenty of time for your questions. Then head right home and get started selling on eBay! No technical mumbo jumbo...everyone is welcome! Register today for “eBay 101-Selling Basics”. *An optional eBay workbook is available in class for \$20.*

#2027 1 evening Thur., Oct. 3 7:00-9:00 p.m.

North Campus Room 223 \$39/Gold Card \$19.50 1 CEU credit can be earned with this class

E-Bay Beyond the Basics

Jack Waddick

Plan to attend this fun & informative program by eBay University instructor Jack Waddick. Learn about eBay advanced selling tools, tips, and strategies. This lively 2-hour session will cover advanced research, selling internationally, sourcing products on time, demos on eBay.com and plenty of time for your questions. An optional eBay workbook will be available in class for \$20. Don’t wait...register today for “eBay Beyond the Basics”.

#2028 1 evening Thur., Nov. 14 7:00-9:00 p.m.

North Campus Room 223 \$39/Gold Card \$19.50 1 CEU credit can be earned with this class

DANCE

Ballroom Sampler - Basics & Beyond

NEW

Beverly Solazzo & Randy Baustert

Discover the fun of dancing! Learn to be comfortable and confident in a variety of dances. You will be learning the basic steps, rhythms and variations for, Fox Trot, an elegant, classy, sophisticated popular dance; East Coast Swing, the perfect dance for those who want to have fun on the dance floor; and Waltz, a dance with beautiful graceful movements and fluid style. We will spend 2 nights on each dance including a 5-minute social practice session at the end of each class. Wear comfortable clothes and smooth soled shoes (no gym shoes). Couples and singles welcome. Be sure to bring all your friends and learn together as well as meet new friends in class.

No prerequisite.

#4005 6 evenings Mon, Sept. 16-Oct. 28 7:00-8:00 p.m. North Campus Cafeteria \$60 per person/Gold Card \$30

Salsa and Blues Dance – Basics and Beyond

NEW

Beverly Solazzo & Randy Baustert

Have fun learning how to social dance. Learn to be more comfortable and confident on any social dance floor. You will begin with 3 weeks of learning the basic steps, rhythms and variations for Salsa, a Latin dance with Cuban/Afro roots. Come learn the basic steps, turns, crossovers and waterfalls that will make you feel comfortable dancing in any Latin club. The second 3 weeks we will focus on Blues Dance, one of the most popular club dances today. Learn fun easy steps and moves to use when dancing to slower R&B, blues and ballad music. Wear comfortable clothes and smooth soled shoes (no gym shoes). Couples and singles welcome. Be sure to bring your friends and have fun learning together.

#4015 6 evenings Mon., Sept. 16-Oct.28 8:15-9:15 p.m. North Campus Cafeteria \$60 per person/Gold Card \$30

West Coast Swing & 3-Count Hustle-Basics and Beyond

NEW

Beverly Solazzo & Randy Baustert

Discover the fun of social dance! Learn to be comfortable and confident on any social dance floor. You will begin with 3 weeks of learning the basic steps, rhythms and variations for West Coast Swing, the newest, hottest dance for today's contemporary and blues music. The second 3 weeks we will focus on 3-Count Hustle, the dance made popular by the Disco era and still danced today to smooth contemporary music. Wear comfortable clothes and smooth soled shoes (no gym shoes). Couples and singles welcome. Be sure to bring your friends and have fun learning together.

*#4034 6 evenings Mon., Nov. 11-Dec. 16 7:00-8:00 p.m.
North Campus Cafeteria \$60 per person/Gold Card \$30*

Country 2 Step

NEW

Beverly Solazzo & Randy Baustert

Come on out and learn this great western dance. Country 2 Step is a forward traveling partner dance using a quick, quick, slow, slow rhythm while moving smoothly around line of dance. We will work on the basic foundations of 2 Step and progress through easy to execute patterns incorporating turns, wraps, and weaving movements and do many repetitions of the material taught. Come on out and enjoy the fun. Wear comfortable clothes and smooth soled shoes (no gym shoes). Couples and singles welcome. Be sure to bring your friends and have fun learning together.

#4035 6 evenings Mon., Nov. 11-Dec. 16 17 8:15-9:15 p.m.

North Campus Cafeteria \$60 per person/Gold Card \$30

ENGLISH

ESL: Vocabulary & Literacy Skills

Mari Smith

In this class students will work on increasing their English vocabulary and developing the literacy skills (listening, reading, writing and speaking) necessary to succeed at using the English language. Students will be encouraged to participate and share verbally during class activities. Computer practice exercises will also be a component of the class. This class will focus on material for the beginner and intermediate levels of ESL, but all levels are welcome to attend.

#5006 10 evenings Tues., Sept. 17-Nov. 19 6:30-8:30 p.m.

South Campus Room B103 Free

ESL: Conversation & Culture

Mari Smith

In this class students will work on developing natural spoken English through conversational practice. There will be lots of time to talk in English about various current world news/topics/events and activities to help you discover American culture. This class will focus on material for the intermediate and advanced levels of ESL, but all levels are welcome to attend.

#5007 10 evenings Wed., Sept. 18-Nov. 20 6:30-8:30 p.m.

South Campus Room B103 Free

FITNESS AND WELL BEING

Fitness Swimming

Susan and Patricia Devitt

Learn to get more from your swimming. Achieve your goal; whether to improve a stroke, improve muscle tone, improve general fitness, or relief from stress is your plan. Benefit from group support and structured lap workouts. Class is available to swimmers of varying abilities. *Swimmers should be able to swim 500 yards.* Bring suit, cap, towel, goggles, water, and lock.

NOTE: Morning hours

#6015 20 mornings Tues. & Thurs., Aug. 27-Oct. 31 5:30-7:00 a.m. North Campus Pool

\$70/Gold Card \$35

#6020 20 mornings Tues. & Thurs., Nov. 5-Jan. 23, 5:30-7:00 a.m. North Campus Pool

\$70/Gold Card \$35

Water Fitness Class

Patricia Devitt

A water exercise class for adult men and women consisting of one-hour water exercise twice a week. The water exercise program includes a warm-up, workout session, and a cool-down period. This class will help improve your strength, endurance, flexibility, and muscle tone. Participants need not know how to swim to join this group. Bring your suit, towel and lock to each class

#6025 10 evenings Mon. & Wed., Aug. 26-Sept. 30 8:00-9:30 p.m.

North Campus Pool \$60/Gold Card \$30 (Doors open at 7:45)

#6030 10 evenings Mon. & Wed., Oct. 8-Nov. 6 8:00-9:30 p.m.

North Campus Pool \$60/Gold Card \$30 (Doors open at 7:45)

#6031 6 evenings Mon. & Wed., Nov. 13-Dec. 16 8:00-9:30 p.m.

North Campus Pool \$40/Gold Card \$20 (Doors open at 7:45)

Water Fitness, Deep End

Kathie Flynn

Held at the same time as the shallow water class. This class is held in the deep end, using buoyancy and resistance equipment, utilizing the properties of water for both strength and cardiovascular conditioning, for a total body workout. Swimming ability is recommended since the class takes place in the deep end. Flotation equipment is provided, however you may bring your own equipment, i.e. jog belt, buoyancy cuffs, and webbed gloves). Pool water temperature average is 81. Limited to 15 students.

#6035 10 evenings Mon. & Wed., Aug. 26-Sept. 30 8:00-9:30 p.m.

North Campus Pool \$60/Gold Card \$30 (Doors open at 7:45)

#6040 10 evenings Mon. & Wed., Oct. 8-Nov. 6 8:00-9:30 p.m.

North Campus Pool \$60/Gold Card \$30 (Doors open at 7:45)

#6041 6 evenings Mon. & Wed., Nov. 13-Dec. 16 8:00-9:30 p.m.

North Campus Pool \$40/Gold Card \$20 (Doors open at 7:45)

Swimming Technique & Training

Susan Devitt & Patricia Devitt

Learn to swim better and get into shape. Introduction to basic swimming strokes, water safety skills, and lap swimming. Sessions are broken down into: 10 minutes warm up, 10 minutes review, 60 minute swim work and instruction, 10 minutes practice. Bring suit, towel, goggles, cap, water bottle, and lock. Class will be held in the LTHS north campus swimming pool.

#60110 10 evenings Tues., Sept. 3-Nov. 5 7:45-10:00 p.m.

North Campus Pool \$78/Gold Card \$39

#60111 4 evenings Tues., Nov. 12-Dec. 10 7:45-10:00 p.m.

North Campus Pool \$31/Gold Card \$15.50

Tai Chi/Qigong

James & Ilona Garrett

Learn the health and longevity techniques created by China's 250 year old man. Join our Tai Chi Chuan classes to get the therapeutic health benefits of the graceful, circular movements of this ancient soft-style art. Relax your body and mind while promoting the flow of internal energy, balance, flexibility and bodily coordination. The principles of Tai Chi and Chi Kung (Qigong), and the meaning of individual movements are demonstrated clearly to ensure the optimum effects of these Chinese systems designed for health, longevity and self-defense.

#6075 6 evenings Thurs., Oct. 2-Nov. 6 7:00-8:30 p.m. North Campus

Vaughan Building Gymnastics Gym \$55/Gold Card \$27.50

Hatha Yoga–Beginner Level

The Yoga Teachers' Group

The Yoga Teachers' Group is a company of qualified yoga instructors teaching the ancient art of yoga and its postures. Hatha Yoga is a method of total body conditioning, designed to develop strength, stamina, flexibility, balance, coordination, concentration, and total body well being. It increases vitality and teaches methods for relaxation through a series of simple postures and stretches. Each yoga class includes asanas, or poses, breath work and relaxation to refresh the mind and allow the body to rid itself of stress. Yoga is for every body type and every level of physical fitness. Modified poses are taught to encourage the beginner Yoga student.

Students are requested to dress comfortably and bring a yoga mat & large towel.

#6095 6 evenings Mon., Sept. 9-Oct. 21 7:15-8:15 p.m.

#6100 6 evenings Mon., Nov. 4-Dec. 9 7:15-8:15 p.m.

North Campus Vaughan Building Gymnastics Gym \$50/Gold Card \$25

Hatha Yoga, Level 1-2

The Yoga Teachers' Group

The Level 1-2 Yoga class is devoted to the continued development of strength, stamina, flexibility, balance, concentration, breath work and meditation. Students should have a basic knowledge of yoga, and an understanding of his/her own level of flexibility. The class will include asanas and breath work, as well as, time for relaxation/meditation to release tightness and stress. Students are requested to bring a yoga mat and large towel, and if available, any additional yoga props such as yoga block(s) and strap.

#6115 6 evenings Mon., Sept. 9-Oct. 21 6:15-7:15p.m.

#6116 6 evenings Mon., Nov. 4-Dec. 9 6:15-7:15 p.m.

North Campus Vaughan Building Gymnastics Gym \$50

Gold Card \$25

Meditation Secrets for Extraordinary Concentration

James & Ilona Garrett

Learn meditation secrets of Eastern and Western sages.

This course utilizes proven techniques for mental sharpness in our stressful, sensory overloaded world. You will learn to use Qigong wisdom for mental muscle training to achieve clarity and focus.

#6125 2 evening Tues., Nov.5-Nov. 12 7:00-9:00 p.m. North Campus

Room 217 \$35/Gold Card \$17.50

Seniorcize

Mary Avila

A class especially designed for the mature exerciser! Increase your flexibility, bone mass, firm muscles with strength/resistance training. Stimulate the cardiovascular system to strengthen the heart and lungs while burning fat for weight loss while restoring a healthy, positive mind/body balance. *Bring 2 or 3 lb. weights to class.*

#6135 14 mornings Tues. & Thurs., Sept. 10 – Oct. 24 9:15-10:15 a.m.

South Campus Cafeteria \$60/Gold Card rate does not apply.

Seniorcize II

Mary Avila

Continue exercising twice a week for the student who would like to keep in shape. *Bring 2 or 3 lb. weights to class.*

#6140 14 mornings Tues. & Thurs., Oct. 29 – Dec. 12 9:15-10:15 a.m.

South Campus Cafeteria \$60/Gold Card rate does not apply.

Psychic Development Class

Karen Rose Schultz, Licensed Clinical Social Worker

Everyone has the ability to be psychic. This class focuses on building our Intuition. This part of us is connected to our higher self. The higher self is connected to the divine. Having psychic awareness gives us the gift of empowerment, stop depressive mindsets and chaos from ruining our life, and connect us to another channel we can use to build our self-esteem. Learning to believe in and trust your intuition allows us to communicate on this soul level. We will use our new skills to focus on the goals that we want to achieve for ourselves and awaken our natural abilities, and move beyond the five senses. We use the intuitive heart group program, various intuition books and hope that our class members share their knowledge with one another. In the class, we will be using meditation, group and individual exercises, and keep a journal of our progress and hunches. If you have psychic ability, or even if you don't, all are welcome in this class.

#6154 3 evenings Tues., Sept.24–Oct. 8 7:00-8:30 p.m. North Campus Room 217 \$25

Psychic Development II Class

Karen Rose Schultz, Licensed Clinical Social Worker

This class continues to focus on developing and strengthening a relationship with our higher self/intuition. We look into our own blocks to receiving psychic and divine information. We learn how to transform our fear of receiving into loving kindness and compassion for ourselves and others. We will focus on forgiveness, releasing grief and loss, and how to build our self-esteem. We use meditation, realization, visualizations, and visual focusing to open up our hearts and soul to healing energy and light. Let go of old hurts and expand your vision for yourself and for the world.

#6155 3 evenings Tues., Oct. 15–Oct. 29 7:00-8:30 p.m. North Campus Room 217 \$25

Mother/Daughter Spirituality: How to Support and Strengthen your Daughter's Intuition and Spiritual Development during the Preteen Years

Mothers only for this class

Karen Rose Schultz, Licensed Clinical Social Worker

Objective; Today's world revolves around material or surface issues. We call this the 1% world. How can we find, understand and teach our daughter about the inner spiritual world that we can't see with our five senses? This spiritual world is the 99% world, but it is not something we see. The inner wisdom inside of us as well as intuition give girls new coping skill, and helps them build self-esteem, confidence and how to have a solid identity. In this class, mothers of pre-teen girls explore ways that spirituality can help their daughters. By looking deeper into matter of the soul, we can better prepare our daughters to cope with the pressures of adulthood. We use the book **Shelter in the Forest: Discovering the Power of Intuition**, which will help illustrate the concepts and the benefits of tapping into our inner wisdom.

#6156 1 evening Tues., Oct. 22 7:00-8:30 p.m. North Campus Room 217 \$25

Look Good & Feel Good

Wardrobe Tips & Easy Stress-Reduction Strategies

Donna Marie Desai, LCPC

Carolyn Redding, Personal Wardrobe Consultant

Part I – Ladies, learn which clothing styles and lines best flatter YOUR body type. Simple strategies and fashion tips that can end the confusion about what to wear will be discussed. An individual body type analysis will be offered to individuals who are interested in participating. Each analysis will be handled in a tactful and respectful manner.

Part II – Today's society is fast-paced, demanding, and exhausting. We often feel that we have too much to do and not enough time. Learn simple self-care strategies that help you renew your energy while being productive and enjoying life more.

#6160 1 evening Wed., Nov. 20 7:00-8:30 p.m. North Campus

Room 217 \$20

Easy Steps to Creating Healing/Sacred Spaces

NEW

Jill Angelo

Our homes are the most important elements in our lives. When we have a beautiful and comfortable home, it serves as a place for peace and rejuvenation. You do not have to be wealthy or have a large house to create a space that constantly reminds you of your own deepest values and hopes and inspires you to realize them. Learn the 12 essential tools that will let you transform your current living environment into a sacred/healing space—an organized, calm and relaxing reflection of your own individual style that helps create wellness by replenishing your energy and providing inner peace. Bring paper, pen and an open mind.

#6170 2 evenings Wed., Nov. 6 – Nov. 13 7:00-9:00 p.m. South Campus

Room B107 \$30

Stress Reduction through Hypnosis

Mary Beth Prosapio B.A., C.I.

Your stress is yours, and my stress is mine. The source is not important...it CAN be reduced! In fact, it MUST be reduced and controlled in order for us to lead healthy lives. Stress is claimed to be the culprit in 80% of medical problems and contributes to all the rest. Hypnotherapy is a legitimate, therapeutic, drug-free way to reduce stress with absolutely no side effects. Over 55,000 M.D.'s in America use it routinely in their practices.

Mary Beth Prosapio, B.A., C.I., will give a presentation of a valuable and therapeutic nature. Join us to learn new, healthier responses to stressful conditions. Reinforcement CD's of a varied nature will be available. (Please bring an exercise mat or blanket and pillow for you comfort.)

#6165 1 evening Tues., Nov. 5 7:00-9:45 p.m. North Campus Faculty Cafeteria \$20

Weight Loss Through Hypnosis

Mary Beth Prosapio B.A., C.I.

Get into shape for the holidays! Tried diets? They don't work! This is the program for you. Hypnosis helps root out poor eating habits, then shows how to have a better image of yourself from the inside out. It is relaxing and easy, if you follow the program. Mary Beth Prosapio, B.A. C.I. will take you through three sessions, then send you out on your own with skills that will work for a lifetime. Reinforcement CD's are recommended and will be available at the first session. (Please bring an exercise mat or blanket and pillow for you comfort.)

#6166 3 evening Thur., Oct. 3-Oct. 17 7:00-9:45 p.m. North Campus Faculty Cafeteria \$75

Coping with Holiday Blues

Mary Beth Prosapio B.A., C.I.

Are you one of those people who get the "Holiday Blues"? You just can't seem to "get into the spirit"? Do many of your friends call you Scrooge? Or do you just "trip out" while others are enjoying themselves? It could be a form of Delayed Stress Syndrome. The holidays are not (or were not) always joyous occasions for everyone. IF you would like to change that this year, come to this workshop. It could be a whole new outlook for you, not only for the holidays, but for a lifetime. Mary Beth Prosapio will help us to explore our attitudes, expectations, and experiences. Then, she will do a short hypnotic induction to help us truly get out of the blues and into the spirit. (Please bring an exercise mat or blanket and pillow for you comfort.)

#6167 1 evening Wed., Dec. 4 7:00-9:45 p.m. North Campus Faculty Cafeteria \$20

FOREIGN LANGUAGES

Conversational Spanish

NEW

Dara Fitzpatrick

This class is designed for students who have never studied the Spanish language. Students will have group projects and classroom activities which will encourage them to write, read, and speak the language. The textbook for this course accompanies a CD. You are welcome to purchase the CD. Learn Spanish in a fun and relaxed environment.

#7000 14 evenings Mon., Sept. 9-Dec. 16 7:00-9:00 p.m. South Campus Room B107 \$75/Gold Card \$37.50 Textbook additional to be purchased at first class.

German I

Ilona Garrett

This is a good course for the student with little or no background in German. You have a head start in learning this cousin language of English. You may already know 1/3 of the vocabulary of this "World" language. This friendly class makes learning the language of Germany, Austria, and Switzerland fun, quick, and easy. You will be speaking German in the first five minutes of class.

#7005 6 evenings Mon., Sept. 9-Oct. 21 7:00-9:00 p.m. North Campus Room 116 \$60/Gold Card \$30 Textbook additional to be purchased at first class.

Continuing German II

Ilona Garrett

This fast-paced course is designed to increase your growing language abilities after completing the beginner's course or equivalent. Join us to increase your German conversational skills and focus on grammar and even writing letters to friends, family and business associates.

#7006 6 evenings Mon. Nov. 4-Dec. 9 7:00-8:30 p.m. North Campus

Room 116 \$60/Gold Card \$30 Textbook additional to be purchased at first class.

Italian Continuing

Teresa Cortesi

This course is designed for the student with some experience with the Italian language. A quick review of basic Italian grammar will lead the class into new, more intricate usages and situations as we progress into the past and future tenses.

#7010 10 evenings Mon., Sept. 16-Nov. 25 6:30-8:30 p.m. South Campus Room B107 \$63/Gold Card \$31.50 Textbook additional to be purchased at first class.

Polish, Intermediate

Marian Skawski

This course is intended for adults who completed Polish, Beginning. It is designed to improve social conversational skills and reading skills. The emphasis will be placed on proper grammar usage and sentence structure. This course will lead you to the advanced social conversational skills, writing, and reading skills.

#7022 10 evenings Wed., Sept. 25-Dec. 4 7:00-9:00 p.m. South Campus Room B109 \$78//Gold Card \$39/Textbook additional to be purchased at first class.

Polish, Advanced

Marian Skawski

This course is intended for adults with some knowledge of Polish language and with the history of taking some Polish classes. It is designed to use the proper grammar in social conversations, master the reading skills, and develop writing skills on your chosen topic. This course will be especially helpful for students planning a trip to Poland and seeking connection with the Polish heritage.

#7024 10 evenings Tues., Sept. 24-Nov. 26 7:00-9:00 p.m. South Campus Room B109 \$78//Gold Card \$39/Textbook additional to be purchased at first class.

HIGH SCHOOL COMPLETION

The High School Completion program consists of **two different formats** that allow adults and young adults to access courses that can be applied toward high school graduation. A student may transfer a maximum of one (1) credit from the High School Completion Courses, but a maximum of one half (½) credit only from the English program, to meet LTHS graduation requirements. A student may not transfer credit from these high school completion courses in order to graduate prior to the eighth semester of enrollment. Both formats are designed for those wishing to complete their high school requirements or for current high school seniors lacking sufficient credits to graduate with their class. Each of these formats requires the principal or counselor from the high school, which will be issuing the diploma, to approve the course selection, after which students may register and receive the books in the Adult Education Office at North Campus. In order for students to receive credit for the course, students must receive a passing grade.

Social Studies is a supervised independent study program. In this format, the students must be able to discipline themselves to study independently and report to the school one evening each week for tests. A syllabus gives directions for week-to-week study. There are no classroom discussions. The student is expected to report to the classroom the first week after registration, and return each week thereafter for tests. Once the student signs up for classes with their counselor and have a registration sheet they may go to the Adult Education office to register for the class. There is no online registration for this class.

#8015 U.S. History Semester 1 & 2, Civics or Sociology

Wed., Sept. 11-Dec. 4 7:00-9:00 p.m. North Campus Room 117

Tuition: \$127 for half-credit course. Textbooks available at North Campus bookstore

English III/IV is a course intended to address the needs of students who are in their junior or senior year at Lyons Township High School. Upon successful completion of the course, students will earn ½ credits toward the minimum graduation requirement of four English credits. The course aims to provide students with exposure to various genres of literature and writing with a focus on literary analysis. It is designed to reinforce students' vocabulary, comprehension, fluency, and writing. Students will compose three major papers as well as several smaller pieces of writing. They will read two major novels in addition to other texts. A formal assessment will be done via two tests on the major novels as well as a portfolio of work that will be maintained throughout the course. A research project and a class presentation are also required. Once the student signs up for classes with their counselor and have a registration sheet they may go to the Adult Education office to register for the class. There is no online registration for this class.

#8020 English III or English IV Tues. & Thurs., Sept. 10 – Nov. 19

6:30-8:30 p.m. South Campus Room B105 Tuition \$173 for half-credit course.

Class.com is an online course that students must enroll through their guidance counselors. The course is a self paced course in the area that the student selects with their counselor. The course is only open to seniors who are deficient in credits for graduation. Once the student signs up for classes with their counselor and have a registration sheet they may go to the Adult Education office to register for the class. Once the student signs up for classes with their counselor and have a registration sheet they may go to the Adult Education office to register for the class. There is no online registration for this class.

If the student does not finish the course during the semester they will have to finish the course in summer school for credit.

#8025 *Class.com Mon. Sept. 9 – Dec, 2*

7:00-9:00 p.m. North Campus Discovery Center Tuition \$150

HOME & FAMILY

Successful Transitions to Senior Living

Shannon Kutchek, Real Estate Consultant, Smothers Realty Group

Tess Hurley, Eldercare Consultant, Elderwerks Inc.

William Wilson, Elder Law Attorney, Wilson & Wilson

Are you considering downsizing? Would you like to make informed decisions about aging in place vs. supportive & assisted living? Are you aware of how to make your home safe and accessible to live well at home? Are you interested in investigating other supportive living options? Do you have contractual and estate planning questions related to these life decisions? Making smart estate and financial decisions for the future can be overwhelming! This discussion will educate and empower you to be more forward thinking when discussing real estate, senior housing, financial and estate matters. The instructors will address the issues of maximizing independence, aging-in-place, aging with choice, navigating the various level of senior living and care, as well as legal, financial, and estate planning. You will leave feeling better prepared an equipped with resources to assist those you care for to make a successful transition into senior living! **COME WITH YOUR QUESTIONS!** Panel includes experts in real estate, senior housing & elder law issues.

Audience includes senior and/or families, person 50+ years old, caregivers and those preparing for the future.

#70101 *1 evening Tues., Oct. 8 7:00-9:00 p.m. South Campus*

Room B115 Free

The Adoption Process

From A to Z

Sally Wildman

Attorney-at-Law Sally Wildman, a Chicago and Northbrook attorney with over fifteen years experience in adoption practice helps you explore the world of adoption. She presents fundamentals of an adoption and legal steps of this process with focus on preparing you to adopt. Ms. Wildman distinguishes the many types of adoption available, including agency, private, foreign and foster parent adoptions. She will guide you through home study, foster parent licensing, and immigration steps required in this process. Identify your best options as Ms. Wildman shares resources on choosing adoption agencies, attorneys, adoption organizations, and related professionals. Discussion concludes by considering common needs of adopted children and the current trend toward openness in adoption.

#70100 1 evening Wed., Oct. 9 7:00-9:15 p.m. North Campus Room 116, \$25/Per person/\$35 per couple

Investigating Your Family History

Raymond Johnson

Family history research is one of the most exciting and rewarding projects one can undertake. One has to be part historian and part investigator. This class is designed with the beginner in mind and covers research plans/methodology as well as the many available resources for the genealogist in us all. Traditional sources such as census records, immigration and naturalization records, military records, cemetery records, and county records as well as some non-traditional sources, and the use of the internet are discussed. Students are encouraged to bring along family information that they are currently working on to class.

#7095 3 evenings Tues., Oct. 30- Nov. 13 7:00-9:00 p.m. South Campus Room B107, \$40/Gold Card \$22

INVESTMENT & FINANCE

Tax Free Investing: It's Not What You Make, It's What You Keep

Keith Hill, CFP

Do you want more control over the taxes that you pay? There are several strategies to help reduce your tax burden. Choosing tax-advantaged investments is one of them. Learn about: Tax-advantaged investments and their features, tax-free investment return vs. taxable investment returns, three ways to purchase municipal bonds, and how tax-free investing can help you achieve your goals.

#10020 1 evening Tues., Sept. 10 7:00-8:30 p.m. North Campus Room 118 Free seminar

Unit trust and mutual funds are offered and sold by prospectus. You should consider the investment objectives, risks, and charges and expenses carefully before investing. The prospectus contains this and other information. Your Edward Jones financial advisor can provide a prospectus, which should be read carefully before investing.

Annuities and Your Retirement

Keith Hill, CFP

You could live to be 90. Can you say the same for your retirement savings? Retirement can be an incredible time of your life – but it can also last 20 or more years. So it's important to consider if your retirement income will last as long as your retirement. When it comes to generating retirement income, one option to explore is an annuity. In this seminar, learn about different types of annuities and their features, retirement uncertainties that could impact your long-term strategy, and how an annuity can supplement your retirement income.

#10021 1 evening Tues., Sept. 24 7:00-8:30 p.m. North Campus

Room 118 Free seminar

Variable annuities are offered and sold by prospectus. You should consider the investment objectives, risks, and charges and expenses carefully before investing. The prospectus contains this and other information. Your Edward Jones financial advisor can provide a prospectus, which should be read carefully before investing.

Roll It, Take It, Leave It, Move It: Know Your Employer Retirement Plan Options

Keith Hill, CFP

If you are not at your old job, should your retirement saving be there? How you handle your 401(k), pension or other employer-sponsored retirement plan when you leave your job is one of the most important financial decisions you can make. Learn more about: the five most common distribution options, how to avoid having the IRS withhold 20% of your retirement distribution, special considerations if you own employer stock, and factoring taxes, penalties and investment options into your decision.

#10022 1 evening Tues., Oct. 8 7:00-8:30 p.m. North Campus

Room 118 Free seminar

The Two Prices for College; The Uninformed Buyer & The Informed Buyer Which Will You Pay?

Ryan Williamson, CFP, CCPS

College planning has become one of the most emotional and competitive events in your child's life. In addition, today's high cost of college education ranks as one of the largest expenditures you will ever face. On top of that most families make simple mistakes that can cost them thousands of dollars. Learn which mistakes most families make and how you can avoid them! Be prepared *before* your children enter college.

#10030 1 evening Tues., Oct. 1 7:00-9:00 p.m. South Campus Room B107 Free Seminar

Maximizing Your Return on Investment

Veronica Sandoval, Real Estate Broker

For most people, your home will always be your most valuable asset. And while it serves to provide us shelter, we also want it to appreciate in value over the long term. Learn about current market conditions and the best ways to improve your home's value in today's market. Additional topics include staging a home for sale, short sales vs. foreclosures, ROI on improvements, and more.

#10070 1 evening Tues., Oct. 22 7:00-9:00 p.m. North Campus Room 118 Free Seminar

La Grange Area Market Update

NEW

Veronica Sandoval, Real Estate Broker

When trying to uncover how the real estate market is performing, it is pretty difficult to get information on specific areas...so most of the data you will find will be inaccurate. Get a snapshot of current Real Estate market conditions in the La Grange area. I will be highlighting median home prices, inventory levels and market trends.

#10071 1 evening Tues., Oct. 8 7:00-9:00 p.m. North Campus

Room 118 Free seminar

Women, Money, and Power

NEW

Ryan Williamson CFP^R

The percentage of women in the workplace has increased dramatically since 1950. Women are now the sole or main breadwinners in nearly a third of U.S. households. Learn why you need a financial strategy and how to empower your hidden financial personality. Understand the five financial personality types as well as ways to take control of your finances throughout all life events.

#10033 1 evening Wed., Sept. 11 7:00-9:00 p.m. South Campus

Room B107 Free seminar

Retirement Has Changed. What is Your Next Move?

Keith Hill, CFP

Retire your way! When you “retire,” will you volunteer? Work part time? Go back to school? Whatever you decide, you need to be financially prepared. Together, we will explore: how to organize and record your financial assets, how to set realistic goals for your retirement spending, how to determine if you are on track to reach your goals, and what to do if you are not where you want to be.

#10055 1 evening Tues., Oct. 29 7:00-9:00 p.m. North Campus

Room 118 Free seminar

Money Management Workshop

Bridget Sullivan

Making the most of your financial future discussions centered on what’s important about money to you. Worksheets on monthly cash flow, insurance, and asset allocation. Make your money last.

#10060 1 evening Wed., Oct. 2 7:00-9:00 p.m. North Campus Room 118 Free Seminar

Turbulence, Perspective and Opportunity

Bridget Sullivan

Recent market volatility has brought heightened apprehension and uncertainty throughout the financial markets. It’s prudent for investors to take a deep breath and reflect on what history tells us about market declines, and what may follow. We can’t control the markets, but we can understand the facts and the implications for each of us.

#10061 1 evening Wed., Oct. 30 7:00-9:00 p.m. North Campus Room 118 Free Semina5

Family Matters with Long Term Care

Keith Hill, CFP

Retirement is for enjoying your family, not depending on them. For most people, discussing long-term care is often an uncomfortable topic. However, creating a long-term strategy now may help to protect your family from financial burden in the future. Learn the common funding options to provide high-quality long-term care, how long-term care insurance can play a significant role in helping to preserve your assets, and how you can take control of where and how you receive long-term services.

*#10063 1 evening Tues., Nov. 5 7:00-9:00 p.m. North Campus
Room 118 Free seminar*

Preparing Your Estate Plan

Keith Hill, CFP

Silence may be golden, but not when it comes to your estate. It's a topic people tend to put off or ignore, but one of the most important things you can do is to develop a sound estate plan. Along with a local estate-planning attorney, learn more about: what to consider when creating your will, the benefits of trusts in estate planning, how to help reduce taxes on your estate, and how insurance can help protect your family.

*#10065 1 evening Tues., Nov. 19 7:00-9:00 p.m. North Campus
Room 118 Free seminar*

Focus on Fixed Income

Keith Hill, CFP

Taking an interest in bonds may help provide interest for your future. Owning investments that may provide you with a regular income can be a smart decision. That is why it is a good idea to learn how fixed-income investments such as bonds may help you to reach your financial goals. Learn more about: bond characteristics and features, the relationship between interest rates and bond prices, tax advantages of municipal bonds, and how bonds may help you weather fluctuating markets.

*#10067 1 evening Tues., Dec. 10 7:00-9:00 p.m. North Campus
Room 118 Free seminar*

2013 Year to Date Update in the Markets & Economy

And what might the future hold?

NEW

Ryan Williamson CFP^R

By this time of year, we have seen political, economic, and international occurrences that have impacted our investment portfolios. This will be an open forum discussion on events that have happened up to this point and what these (and other) events mean for our stock market and economy's future.

*#10031 1 evening Mon., Oct. 22 7:00-9:00 p.m. South Campus
Room B107 Free seminar*

MUSIC

Meet the Ukulele

Chris McIntosh

The ukulele is one of the easiest stringed instruments to play. It is small, light weight, portable, and inexpensive. Introduced to this country in the early 20th century, the ukulele is currently experiencing a big resurgence in popularity. In this class you will learn basic chords and strumming, and play a variety of songs from many genres and eras. Join the fun!

Students must bring a soprano, concert or tenor size ukulele to class.

For advice on purchasing a good, inexpensive ukulele, you may contact the instructor at 877-497-8031.

*#40005 4 evenings Wed., Sept. 18-Oct. 9 7:00-8:30 p.m. South Campus
Room G102 \$45/Gold Card \$22.50*

More Ukulele

Alvin McGovern

This class is the continuation of "Meet the Ukulele". Take your ukulele playing to the next level! In this class you will learn additional chords and strumming patterns to make your playing more fun and interesting and learn more songs from many genres and eras. Join the fun! Student must bring a soprano, concert or tenor size ukulele to class and have knowledge of basic chords. For advice on purchasing a good, inexpensive ukulele, you may contact the instructor at 877-497-8031.

*#40006 4 evenings Wed., Sept. 18-Oct. 9 7:00-8:30 p.m. South Campus
Room G102 \$45/Gold Card \$22.50*

Folk Guitar & Banjo Classes

These classes offer group guitar and banjo instruction at South Campus. The concept is to make the learning of a musical instrument fun by teaching enjoyable songs in a relaxed, social atmosphere. A lesson includes both sixty minutes of group instruction and a half-hour sing-along with all classes combined. If you're not sure of what class to take, sign up for the beginning level. Changes from level to level are permitted after the first night of class. The instructors include Chris McIntosh and Alvin McGovern. One of the unique features of the program is the two *Get Togethers*, which are music parties. They give students an opportunity to play their instruments for an extended period of time; something we think will improve their skills while they have fun doing it. See descriptions that follow. **STUDENTS MUST BRING ACOUSTIC INSTRUMENTS TO CLASS.** The Old Town School Songbook is required for all classes; it can be purchased in class for \$15.00.

Banjo

Chris McIntosh

This banjo course is for the person who has always wanted to play a musical instrument but felt he/she didn't have the time. Designed for the busy adult with no previous musical knowledge, the accent is on having fun! The 5-string banjo is one of the easiest of the stringed instruments to learn to play. You don't even have to read music. The course material ranges from the simple basic chords and strums, to playing basic arrangements of folk songs.

*#40010 10 evenings Tues., Sept. 17-Nov. 19 8:00-9:30 p.m. South Campus
Room G102 \$105/Gold Card \$52.50*

Banjo II

Introduction to Frailing

Chris McIntosh

This class is an introduction to the “Old-Timey” frailing style of banjo playing. Frailing was a style developed in the Appalachians before the Civil War, and it’s still being played today. This class is lots of fun! You’ll learn old mountain dance tunes like “Cripple Creek” as well as popular folk songs like “Oh! Susanna,” and lots more. Prerequisite is completion of Banjo I or equivalent skill on the banjo.

*#40015 10 evenings Tues., Sept. 17-Nov. 19 8:00-9:30 p.m. South Campus
Room G102 \$105/Gold Card \$52.50*

Guitar I

Chris McIntosh

Persons with no previous experience in guitar will learn primary chords, elements of timing, strumming techniques, and simple accompaniments to several songs from our text. Guitar tuning will be demonstrated. You do not need to know how to read music! Please bring your acoustic guitar to class.

*#40020 10 evenings Tues., Sept. 17-Nov. 19 7:00-8:30 p.m. South Campus
Room G102 \$105/Gold Card rate \$52.50*

Guitar II

Alvin McGovern

This class could also be called beginning accompaniment-style guitar. Using an expanded selection of songs, this level consists of a review of primary chords, introduction to bass runs, arpeggios and other right-hand techniques. Bare chords will be demonstrated. Please bring your acoustic guitar to class.

*#40025 10 evenings Tues., Sept. 17-Nov. 19 8:00-9:30 p.m. South Campus
Room G104 \$105/Gold Card rate \$52.50*

Guitar III

Alvin McGovern

Consider this level if you can change simple chords with some continuity and have some experience in playing arpeggios and simple bass runs. The third guitar level consists of learning a variety of right-hand techniques, more complex bass runs, accompaniments to several songs, and an introduction to finger picking. This class is a place to assimilate techniques previously introduced, as well as to learn new material. It is usually attended for several semesters. Please bring your acoustic guitar to class.

*#40030 10 evenings Tues., Sept. 17-Nov. 19 7:00-8:30 p.m. South Campus
Room G104 \$105/Gold Card \$52.50*

Guitar IV

Alvin McGovern

For the guitar player who needs some theory as well as learning to play fill-ins up the neck, playing leads, and advanced finger picking arrangements. This class is a place to assimilate technique previously introduced, as well as learning new material. It is usually attended for several semesters. Please bring your acoustic guitar to class.

*#40035 10 evenings Tues., Sept. 17-Nov. 19 7:00-8:30 p.m. South Campus
Room G104 \$105/Gold Card \$52.50*

PHOTOGRAPHY

Digital Photography

Donald Hogue

This class explains the fundamentals of digital photography starting from the basics: DSLR vs. Point and Shoot cameras, interchangeable lens, shutter speed, ISO mysteries, histograms zoom advantages, use of flash, storage card issues, megapixel needs, and battery power. Camera setting for different conditions: night, shade, sunlight, cloudy, backlighting, action, close-up, sand, snow, and water. A variety of subjects: children, pets, automobiles, race cars, sports, portraits, groups of people, close-ups (macro), sunrise, sunsets, best time of day for photos, architecture, landscapes, and travel photography. Taking the picture: it's all about light, framing the subject, controlling the flash, and red-eye reduction. Accessories: external flash, camera bags, tripods, storage cards and backup devices, laptop PC. *Students will be required to bring their camera and USB cable to class and complete picture-taking assignments each week.*
#50001 4 evenings Mon., Oct. 21-Nov. 11 6:30-8:00 p.m. North Campus Room 35 \$55/Gold Card \$27.50

Black & White Photography

Bruce Troyer

A darkroom course that takes the new photographer or one who wishes to review what they've learned in the past, from composing and taking pictures to producing quality black & white prints. Camera handling, operation, exposure control, depth of field, film developing and enlarging will be covered. Assignments will be geared toward a solid foundation in the understanding of the photographic process. Students must have an adjustable camera and supply their own film and photo paper. Lab fee covers darkroom chemicals, etc. *Please bring your camera to the first class.*

*#50045 9 evenings Thurs., Sept. 19-Nov. 14 7:00-9:30 p.m. North Campus Room 33
\$101/Includes lab fee \$15/Gold Card \$58*

Continuing Photography, Part II

Bruce Troyer

This class is for those students who have enrolled in Adult Education Photography classes at Lyons Township before. It will give you five more evenings to carry on your photographic studies. Space is limited to 15 students.

*#50055 4 evenings Thur., Nov. 21-Dec. 19 7:00-9:30 p.m. North Campus Room 33
\$55/Includes lab fee \$12/Gold Card \$39*

RECREATION

Sailing in Chicago – Learn to Sail

3rd Coast Cruising

Have you ever looked out on Lake Michigan and seen hundreds of sailboats and said to yourself, “I wish I could do that”? Now you can aboard one of 3rd Coast Cruising’s yachts. Enjoy striking views, breathtaking sunsets, even dazzling fireworks. Our extremely affordable “Learn to Sail” program offers an experience of a lifetime as the wind catches your sails. Student will learn what it takes to sail one of our 30’ to 34’ boats in a friendly and fun environment from our certified instructors. All lessons are hands on; you will be helming (driving) the sailboat your first class. We set sail from Monroe Harbor in beautiful downtown Chicago. 3 hour classes meet 2 times for a total of 6 hours of on the water training. Classes are offered 7 days a week with customized scheduling available for groups larger than 5 students. Call 3rd Coast Cruising @ 1-866-Sail-3RD for scheduling.

#00001 Classes are offered: 6:30 p.m. Monday through Friday

10:00 a.m. & 1:30 p.m. on Saturday and Sunday

Horseback Riding

New Traditions Riding Academy

Now is the time to learn a new sport! Classes are held indoors by experienced and patient instructors. Students will learn basics of riding and grooming skills. Classes are offered for adults on Mondays & Wednesdays at 8:30 p.m., Fridays at 7:00 p.m., Saturdays at 2:30 p.m., and Sundays 12:00 p.m. at the stables located at 10100 S. Kean Ave., Palos Hills, IL.

708-598-7718

#60010 5 beginner lessons on horseback \$130

#60015 5 intermediate lessons on horseback \$160

#60020 10 beginner lessons on horseback \$250

#60025 10 intermediate lessons on horseback \$300

Men’s Basketball- Fall

Ron Nikceovich

Twice a week workouts on the basketball floor for men who want to keep trim and in good condition. Enrollment is limited to the first forty men who register (no high school students). New teams are formed each night. Wear gym shoes and suitable clothing.

#60030 30 evenings Mon. & Wed., Begin Sept. 9 Dates will be given out at class. 6:30-9:00 p.m. South Campus Gyms 1&2 (30 evenings) \$92

**Final dates and details subject to change*

Men’s P.E.

Brad Buckholtz

One evening of half court recreational basketball each week will do a lot toward helping you keep in shape and feeling fit. Bring gym shoes and come dressed to play. Shower at home afterwards.

#60040 15 evenings Wed., Aug. 28 – Dec. 11, 2011 7:00-9:00 p.m.

North Campus Vaughan Building Upper North Gym \$65

Scuba Diving

DJ's Scuba Locker, Inc.

Please stop by DJ's prior to class to pay the balance of \$175 for class, and pick up your OW Crew Pak/DVD which is \$90. There is a two chapter reading assignment that needs to be completed prior to the class and each student is required to have their own mask, fins and snorkel. Students receive a 15% off any purchase of equipment at DJ's Scuba Locker, 9301 W. Ogden Ave. Brookfield, www.djscuba.com

It's fun and easy; you will love scuba diving and be able to enjoy the underwater world. You will also learn through the most current technique to use equipment (BCD, Regulator Tanks, Weights and belt), students are required to have their own mask, fins, & snorkel. Upon successful completion of this course, you will be ready to sign up with DJ's to take your PADI open water certification dives. This cost is NOT included in the tuition and is an additional \$175. Minimum age is 10.

#60045 5 evenings Tues., Jan. 8-Feb. 5, 2013 6:30-10:00 p.m.

North Campus Rooms 183 & Pool

\$38 due with registration/Gold Card rate does not apply.

SPECIAL INTEREST

Job Search Strategies Workshop

Laina Krisik

Come and meet certified professional resume writer and career strategist, Laina Krisik, as she provides you with the tools you need to reinvigorate your individual job search and put you on the path to success. Some of the topics covered include: Find out about the "Tips & Tricks" to get your resume to the top of the pile and noticed by employers; Craft personalized cover letters that make you stand out from the crowd; Take the fear out of networking and use it to open up job opportunities; Learn the art of behavioral style interviewing and walk into your next interview with confidence; Gain follow-up techniques that are key to making it into the final rounds of candidates after your interview.

#70049 1 evening Wed., Oct. 9 7:00-9:00 p.m.

South Campus Room B113 Free Workshop

Assault Prevention

Ilona & James Garrett

It couldn't happen to you, could it? We will show you how to negate violent attacks and give you the latest information and counters to criminal tactics and traps focused on victimizing you.

#70050 2 evenings Tues., Sept. 24-Oct. 1 7:00-9:00 p.m.

North Campus Room 217 \$35/Gold Cards \$17.50

Film Discussion Series

Owen Field

NOT JUST OZZIE & HARRIET: PARANOIA IN THE '50S

They're here already! You're next! You're next! You're next...!

With the social turbulence and upheaval of the '60s, the '50s are fondly remembered as a time of peace, prosperity, nuclear families and tranquil suburbs. But there was another side: the Korean War, the Cold War, the Red Menace, McCarthyism, atomic fallout, juvenile delinquency and oppressive conformity. The movies recorded the underlying public fears and neuroses that permeated American society in the '50s. From Horror moves to JD films, we will watch how Paranoia made its way into the movie theaters.

Films: **I Was a Communist for the F.B.I.** (Douglas 1951), **Invasion of the Body Snatchers** (Siegel 1956), **The Violent Years** (Morgan 1956), **The Incredible Shrinking Man** (Arnold 1957).

#70065 4 evening Mon., Sept. 23 – Oct. 21 6:30-9:00 p.m.

South Campus Room B113 \$40/Gold Cards \$20

Film Discussion Series II

Owen Field

ROMANCE, TEARS & MORE: MELODRAMA & MEANING

They [young actors] see TV moves. They see Lifetime movies. They think that's melodrama. They don't know the true fun of ever-escalating emotions building up to a volcanic pitch! – Quentin Tarantino

Melodrama. Melodramas have been a film staple since movies began. At some point, however, U.S. audiences started frowning on the word, turning "Melodrama", especially the Domestic Melodrama, into a pejorative. Weepee, Woman's Picture, Chick Flick, Soap. But there are other names: War Movie, Gangster Film, Musical, Western, Sports Movie, Gothic and Film Noir. Each of them is often a Melodrama, and many of those Melodramas are Domestic Melodramas. And they show us how we think, live, and relate in society. We will watch and discuss four films representing the wide range of Domestic Melodramas and discover why our reaction to their emotional impact may be a reflection of our own concerns, fears and desires.

Films: **House of Strangers** (Mankiewicz 1949), **Caught** (Ophuls 1949), **Stars in My Crown** (Tourneur 1950), **All That Heaven Allows** (Sirk 1955).

#70066 4 evening Mon., Nov. 4 – Nov. 25 6:30-9:00 p.m.

South Campus Room B113 \$40/Gold Cards \$20

Exploring Your Past Life

Mary Beth Prosapio B.A., A.C.H.I

Have you ever wondered who you were before you were you? Have you ever been intrigued by stories of past lives? Would you like to clear up old issues from the distant past that might still be plaguing you in this life? If you answered "yes" to any of these questions, sign up now for a fascinating adventure into Past Life Regression. (Please bring an exercise mat or blanket and pillow for you comfort.)

#80010 1 evening Wed., Nov. 13 7:00-9:45 p.m. North Campus Faculty Cafeteria7 \$30

A Course in Miracles: An Introduction

Mary Beth Prosapio B.A., A.C.H.I

“This is A Course in Miracles. It is a required course.” So begins the introduction page of a phenomenon that is sweeping the world: A Course in Miracles. With no promotional agency to develop sales, it is selling in the millions worldwide. What is the phenomenon? What is it teaching? How is it making life changes in its students? “What’s it all about, Alfie? Is it just for the moment we live?” Exactly, but the course calls it the “holy instant”. This lecture will introduce you to the basics of A.C.I.M., as interpreted by Mary Beth Prosapio, B.A., C.I. Join us to find out why “Nothing has any meaning!”

#80012 1 evening Wed., Nov. 20 7:00-9:45 p.m. North Campus Faculty Cafeteria \$15

Open Your Mind and Reach for the Sky

Mary Beth Prosapio B.A., A.C.H.I

What do you want to do with your life at this time? What (or who) is stopping you? Do you think it might be YOURSELF? The only limit we have are those we place on ourselves. We “forget” we have done this, then fell stuck. Well...GET UNSTUCK! Learn about hypnosis and Open Your Power Doors! Mary Beth Prosapio B.A., C.I., will give a group presentation of a valuable and therapeutic nature. She will explain how hypnotherapy can help us tap into powers we have ignored or misplaced in our Western culture. Join us to learn how we can better control our lives, stress, pain, time, weight, additions...and more.

#80013 1 evening Wed., Sept. 25 7:00-9:45 p.m. North Campus Faculty Cafeteria \$15

Understanding Funeral Arrangements

NEW

Todd N. Hitzeman, Licensed Funeral Director & Insurance Broker

You never think about or maybe do not want to talk about arranging funerals for yourself or a family member. This interactive lecture will help answer any questions that you have and perhaps were afraid to ask. You will learn about what to expect from the Funeral Director, the funeral process, what to pay attention to, how and why decisions are made, how to speak with your loved ones, effects of social security on your surviving spouse, how to determine what is right for you and your family, the options you have, how the price is associated with different service levels and documentation needed for your veteran, explanation of death benefits, burial benefits, Private vs. National Cemeteries, Medallions, Military Honors, Headstones, the Funeral options you have and basic funeral costs. It may sound like a lot, but when you leave, you will feel a huge weight has been lifted from your shoulders. Open to Everyone. This lecture will take approximately 45 minutes with remaining time open for a question and answer session. Be sure to bring a family member or friend and learn together. Sign up for entire series or the one that is most important to you.

*#80050 1 evening Wed., Oct. 9 7:00-8:30 p.m. South Campus
Room B111 Free Seminar*

The Benefit of Pre-Planning Funerals

NEW

Todd N. Hitzeman, Licensed Funeral Director & Insurance Broker

This seminar will explore the options of paying for your funeral or that of a loved one prior to passing. This is a great way to alleviate stress and the burden of family members for the unexpected. You will learn about pre-planning, what documentation you will need for the process, how to ask the right questions to determine what is right for you and your family, disposition choices you have to consider, out of state transfers and basic funeral costs. The interactive lecture will explain trusts vs. insurance policies, Medicaid qualifications, legal obligations, protecting funds and securing authority and potential beneficiary recipients, and guaranteed versus non-guaranteed items and services. We will explain some of the pitfalls that may be out there and how to protect yourselves. You will also learn about the roles and limitations of Power of Health versus Power of Attorney and how either can be your advocate as well as wills and probate. You will walk away with the knowledge that you need in order to make an informed decision on your final wishes. Open to Everyone. This lecture will take approximately 45 minutes with remaining time open for a question and answer session. Be sure to bring a family member or friend and learn together. Sign up for entire series or the one that is most important to you.

*#80051 1 evening Wed., Oct. 16 7:00-8:30 p.m. South Campus
Room B111 Free Seminar*

STUDENTS WITH SPECIAL NEEDS

Drama

(For adults with special needs)

Chris Grohne

Please join us on Monday nights to continue our study of the theatre arts. The focus of our work is to encourage creativity, self-expression and self-esteem for young adults with special needs who have an interest in theatre.

Our class is open to those 18 years of age and older. Students need to be able to maintain appropriate behavior throughout the class period. Please bring a 3-ring binder with pockets to class.

#80007 10 evenings Mon., Sept. 23-Oct. 21 7:00-9:15 p.m.

South Campus Performing Arts Center \$100/Includes \$5 supply fee

TUITION PAYMENT

Check, Master Card or VISA may be used for payment. Credit card payment is made through online registration only. Make checks payable to Lyons Township High School. We do not accept cash. The Lyons Township Adult and Community Education program plans its expenses and bases its budget upon full collection of tuition and fees.

GENERAL INFORMATION

Non-credit classes are open to all adults living in or out of the district. High School completion courses are offered to students in their junior or senior year. Classes are supported by tuition, with a minimum number of students needed to establish all classes. Since this program is not tax supported, tuition is the same for everyone regardless of residence address.

>>>REFUND POLICY<<<

To be eligible for a refund, withdrawal from a program must be at least one day prior to the start of the program. If a class is cancelled due to insufficient enrollment, a full refund will be issued. Feel free to contact us with any problems or concerns.

SPECIAL ASSISTANCE/NEEDS

If you have needs that require special services, please call our office at 708-579-6573.

CERTIFICATES

Certificates of completion are available to students who have shown satisfactory attendance and a degree of achievement. Requests should be made through the instructor in time for distribution at the last class session.

PARKING

*At north campus, park in the large lot on the north side of Cossitt, one block west of Brainard Ave. At south campus park in the lots at the north and south ends of the building. **Do not park** on the circle drive in the front of the building. **THIS IS A FIRE LANE.***

GOLD CARD INFORMATION

(SENIOR CITIZENS)

*Residents of Lyons Township High School District 204 who are 65 years or older are eligible to join the Gold Card Club. Call 708-579-6573 to apply for a free membership, which entitles you to enroll in many classes for ½ the published price. **Exceptions are classes that meet for one evening only, trips, and other courses identified in the brochure.** After you receive your number, complete the registration process using check by mail or credit card with the online registration. The Gold Card ½ price fee does not apply to book, supply and/or lab fees. Your Gold Card Club membership is valid as long as you remain a resident of the district. Membership also admits you to LTHS home games, plays and other events.*

IMPORTANT INFORMATION

The Adult and Community Education brochure is available on the LTHS website (www.lths.net) keyword – community and online registration. You will be able to view the brochure and register online, by mail or in person. Brochures are available at local libraries, both high school campuses, and other local places of business. If you do not have access to a computer and would like a brochure mailed to you, please make note of that when you register or call our office at 708-579-6573. We thank you for your support and we look forward to seeing you this spring.

IMPORTANT DATES

NO CLASSES ON THE FOLLOWING DATES

There are NO Adult Education classes on the following evenings:

South Campus – Thursday, September 5, 2013 (Open House)

North Campus – Thursday, September 12, 2013 (Open House)

North & South Campus – Monday, October 14, 2013 (Columbus Day)

North & South Campus – Friday, October 25 (Non-attendance Day)

North & South Campus – November 27-November 22 (Thanksgiving)

North & South Campus – December 23-January 6, 2014 (Winter break)

ADMINISTRATORS

Dr. Timothy Kilrea, Superintendent

Jason Hlavacs, Director

BOARD OF EDUCATION

Mark N. Pera, President

John T. Polacek, Vice President

Heather H. Alderman, Secretary

Thomas W. Cushing

George R. Dougherty

Philip Palmer

Todd M. Shapiro

ADULT EVENING SUPERVISORS

NORTH CAMPUS

Marilyn Ashley

NORTH CAMPUS

100 S. Brainard Ave.

La Grange, IL 60525

708-579-6573(Days only)

708-579-7441(Evenings only)

SOUTH CAMPUS

Roxanne Gerardi

Ron Juergens

SOUTH CAMPUS

4900 S. Willow Springs Road

Western Springs, IL 60558

708-579-6573 (Days only)

LYONS TOWNSHIP ADULT & COMMUNITY EDUCATION

Registration Form (Please Print)

FIRST NAME

LAST NAME

ADDRESS _____

CITY _____ ZIP _____

HOME PHONE (____) _____

WORK PHONE (____) _____ EMAIL _____

COURSE #	COURSE TITLE	START DATE	TUITION	GOLD CARD #

Credit card registrations done online with MasterCard or Visa only at www.lths.net

As a participant in the activity listed above, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, including death, damages or losses, which I may sustain as a result of my participation in the activity. I do further agree to fully release and discharge, and to indemnify, defend and hold harmless to the fullest extent permitted by law, Lyons Township High School District 204, including its Board of Education, its members, officers, agents, servants, independent contractors and employees from and against any and all claims from injuries, including death, damages or losses which I may have or which may accrue arising out of, connected with, or in any way associated with my participation in the listed activity or my use of or presence in District 204 facilities.

SIGNATURE (required) _____ **DATE** _____